

Okra and Greens

Makes: 5 servings

Ingredients

1 onion (small, finely chopped)
2 tablespoons corn oil
1 pound greens (shredded)
16 okra
4 chili peppers (finely chopped and crushed)
1 lemon
1/4 cup water

Directions

1. In a large heavy pan sauté onions in oil until golden brown.
2. Add remaining ingredients and about ¼ cup of water. Simmer over low heat, covered, until greens are tender.
3. Squeeze lemon juice before serving.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	100	
Total Fat	6 g	9%
Protein	4 g	
Carbohydrates	12 g	4%
Dietary Fiber	5 g	20%
Saturated Fat	1 g	5%
Sodium	30 mg	1%